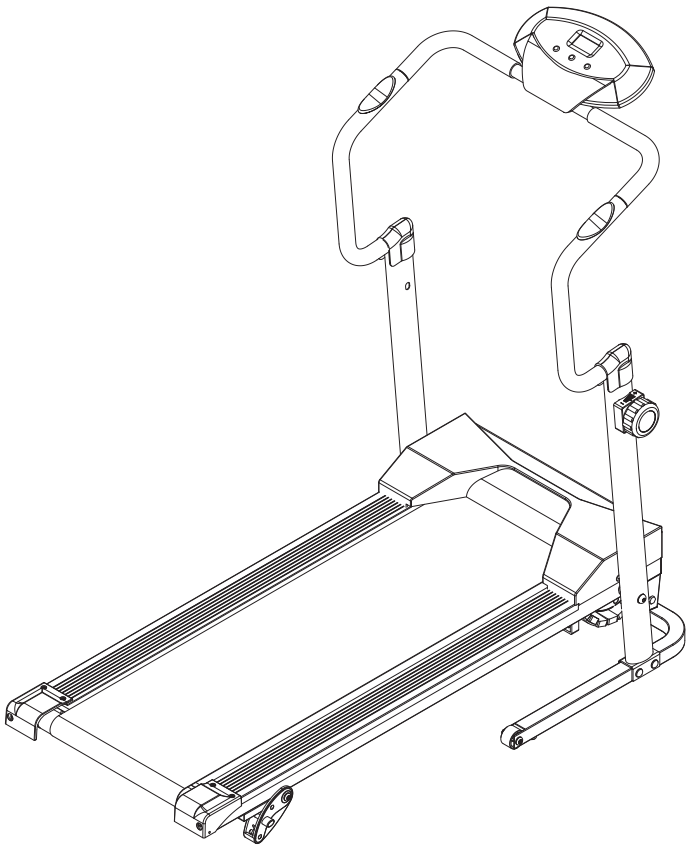
AVARI® FITNESS

Adjustable Height Treadmill

Owner's Manual



Product May Vary Slightly From Pictured.

CAUTION:
Weight on this product should not exceed 250 lbs.

This Product is Distributed Exclusively by

STAMINA® PRODUCTS, INC.

2040 N. Alliance, Springfield, MO 65803
Customer Service
1 (800) 375-7520
www.staminaproducts.com

⚠ WARNING

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number:

Model#: A450-261

STAMINA PRODUCTS
MADE IN CHINA

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2014, 10

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SAFETY INSTRUCTIONS

⚠ WARNING **This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.**

⚠ CAUTION **Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in bodily injury and property damage.**

⚠ WARNING **To reduce the risk of serious injury, read the following Safety Instructions before using the Avari® Adjustable Height Treadmill.**

1. Save these instructions and ensure that other exercisers read this manual prior to using the **Avari® Adjustable Height Treadmill** for the first time.
2. Read all warnings and cautions posted on the **Avari® Adjustable Height Treadmill.**
3. The **Avari® Adjustable Height Treadmill** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
4. We recommend that two people be available for assembly of this product.
5. Keep children away from the **Avari® Adjustable Height Treadmill.** Do not allow children to use or play on the **Avari® Adjustable Height Treadmill.** Keep children and pets away from the **Avari® Adjustable Height Treadmill** when it is in use.
6. It is recommended that you place this exercise equipment on an equipment mat.
7. Set up and operate the **Avari® Adjustable Height Treadmill** on a solid level surface. Do not position the **Avari® Adjustable Height Treadmill** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the **Avari® Adjustable Height Treadmill.**
9. Keep fingers clear of all pinch points when folding and unfolding the **Avari® Adjustable Height Treadmill.**
10. Before using, inspect the **Avari® Adjustable Height Treadmill** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
11. Before using, always check the Main Frame(1) is locked securely with the Locking Knob(44).
12. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
13. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
14. Do not wear loose or dangling clothing while using the **Avari® Adjustable Height Treadmill.**
15. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
16. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Avari® Adjustable Height Treadmill,** loss of balance may result in a fall and bodily injury.
17. The **Avari® Adjustable Height Treadmill** should not be used by persons weighing over 250 pounds.
18. The **Avari® Adjustable Height Treadmill** should be used by only one person at a time.
19. The **Avari® Adjustable Height Treadmill** is for consumer use only. It is not for use in public or semipublic facilities.

Call Us First

Customer Service

1 (800) 375-7520

www.staminaproducts.com

THANK YOU FOR PURCHASING THE Avari® Adjustable Height Treadmill

To enact your warranty, please register your product by going to register.staminaproducts.com

To help you get started, we have pre-assembled most of your Avari® Adjustable Height Treadmill at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. With regular workouts, you will be getting your body into shape and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions, please call our Customer Service Department toll-free number,
1 (800) 375-7520
Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.
Friday, 8:00 A.M. - 3:00 P.M., Central Time.

ONLINE
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MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

BEFORE YOU BEGIN

Thank you for choosing the **Avari® Adjustable Height Treadmill.** We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **Avari® Adjustable Height Treadmill** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

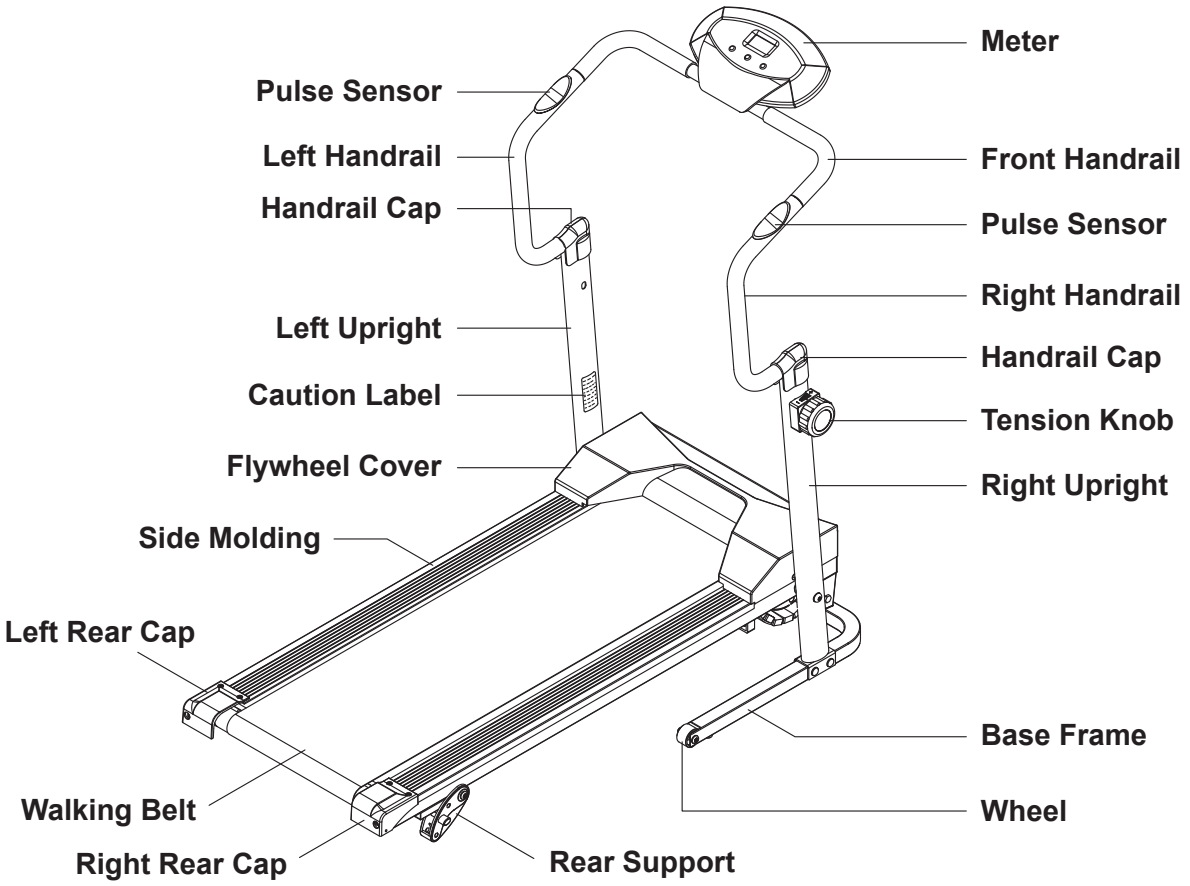
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **Avari® Adjustable Height Treadmill.**

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **Avari® Adjustable Height Treadmill,** please do not return the product. Contact us FIRST!

If a part is missing or defective, please go to staminaproducts.com under the Service section and order the part needed, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:

Wrench

Allen Wrench (5mm)

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **Avari® Adjustable Height Treadmill.** Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

Labels are larger than actual size

C1 **CAUTION LABEL(63)**

CAUTION
Failure to follow all warnings and instructions could result in injury or property damage. Before assembling or using this product, read and follow the Owner's Manual and all other warnings and instructions that accompany this product. Replace this caution label if damaged, illegible, or removed.
Keep others including children & pets away from equipment when in use.
Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35 or have any pre-existing health condition. Always make sure all nuts and bolts are securely tightened before using this product. This product should not be used by person weighing more than 250 lbs. unless otherwise stated in your Owner's Manual.

C2 **MAINTENANCE DECAL(37)**

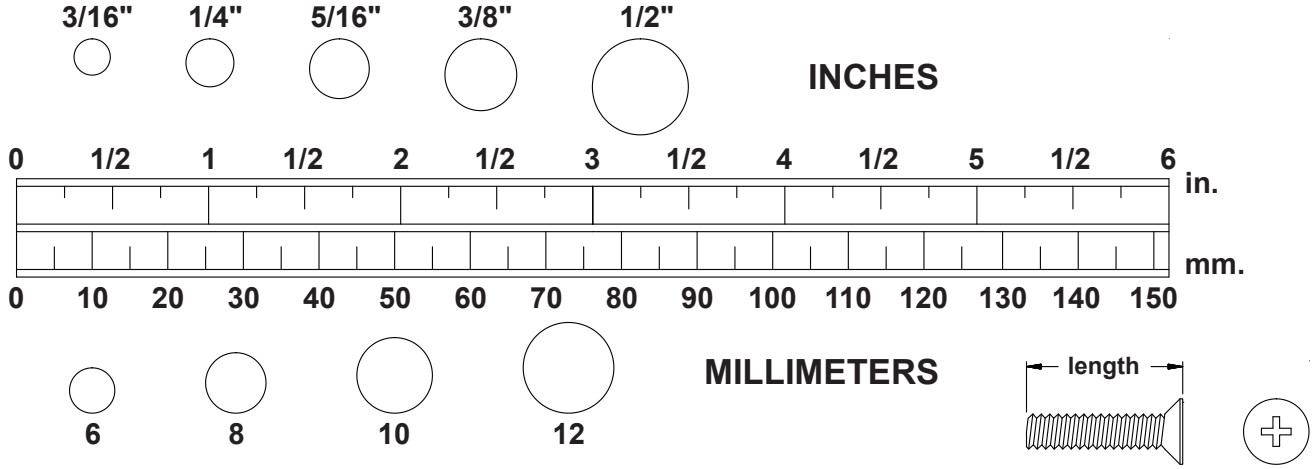
IMPORTANT MAINTENANCE TIP

If the belt does not move smoothly, lift the belt and wipe the board off with a dry cloth. Then spray a light coat of silicone on the board underneath the belt.

(Remove this decal before using this product.)

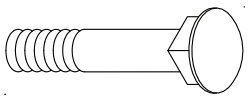
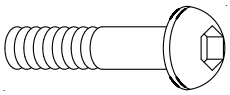
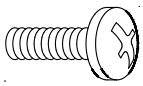
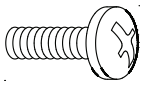
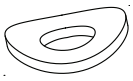
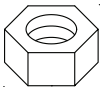
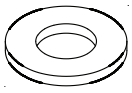
HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part Number and Description		Qty
	42	Carriage Bolt (M8 x 1.25 x 45mm)	4
	22	Bolt, Button Head (M8 x 1.25 x 45mm)	2
	34	Bolt, Button Head (M8 x 1.25 x 40mm)	2
	43	Bolt, Button Head (M10 x 1.5 x 65mm)	2
	39	Bolt, Round Head (M6 x 1 x 15mm)	2
	46	Screw, Round Head (M5 x 0.8 x 25mm)	1
	50	Screw, Round Head (M5 x 0.8 x 10mm)	2
	60	Arc Washer (M8)	2
	19	Nut (M8 x 1.25)	6
	25	Plastic Washer (ø10.2 x ø25 x 4mm)	2
	47	Washer (M5)	1
	61	Washer (M8)	4

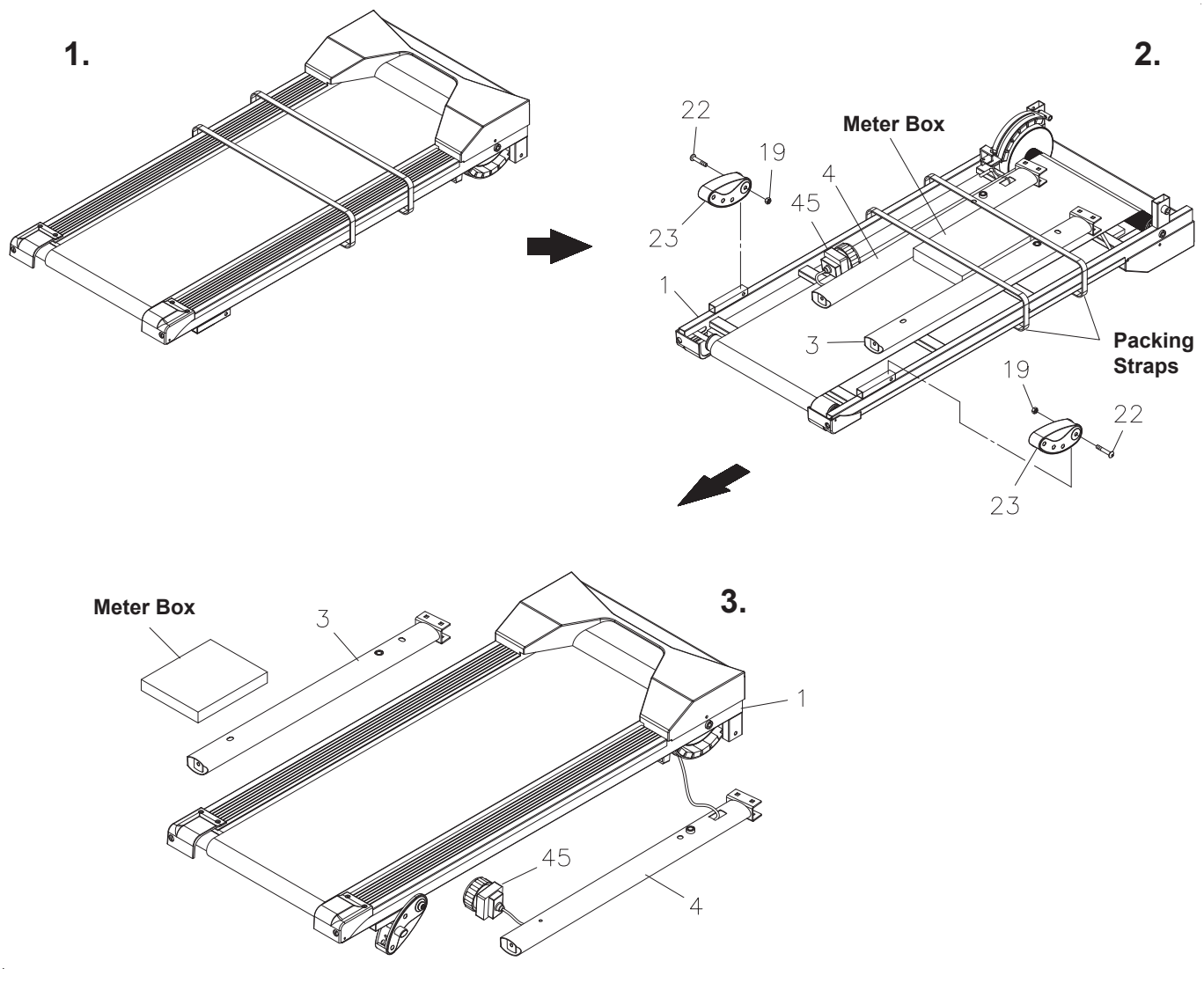
ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to staminaproducts.com to the Services section and order the part needed, e-mail us at customerservice@staminaproducts.com, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

STEP 1

Remove the **Avari® Adjustable Height Treadmill** from its packing carton, the main assembly of the product is shown in view 1. Turn the main assembly up-side down as shown in view 2. Attach the **REAR SUPPORTS(23)** to the **MAIN FRAME(1)** with **BUTTON HEAD BOLTS(M8x1.25x45mm)(22)** and **NUTS(M8)(19)** on both sides.

Cut off the packing straps and remove the **LEFT UPRIGHT(3)** and meter box from the main assembly. The **RIGHT UPRIGHT(4)** is connected to the **MAIN FRAME(1)** by the cable of the **TENSION KNOB(45).** Turn the **MAIN FRAME(1)** and the **RIGHT UPRIGHT(4)** back over as shown in view 3. Display the parts on the floor as shown in view 3.



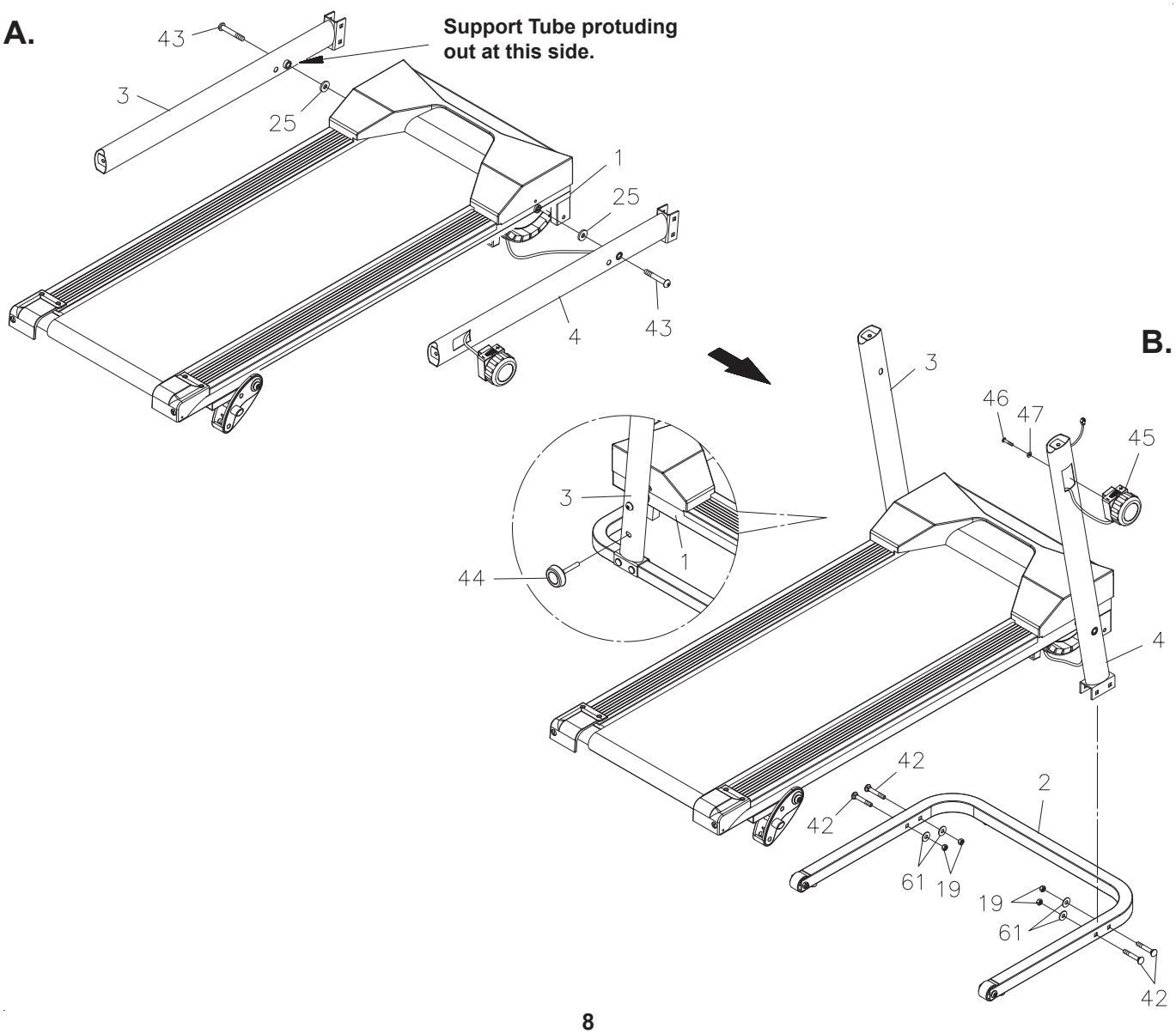
ASSEMBLY INSTRUCTIONS

STEP 2
Refer to illustration A. Attach the **RIGHT UPRIGHT(4)** to the **MAIN FRAME(1)** with **BUTTON HEAD BOLT(M10x1.5x65mm)(43),** and **PLASTIC WASHER(ø10.2xø25x4mm)(25).** Repeat on other side.

STEP 3
Refer to illustration B. Rotate the **LEFT** and **RIGHT UPRIGHTS(3, 4)** to the upright position. Attach the **LEFT** and **RIGHT UPRIGHTS(3, 4)** to the **BASE FRAME(2)** with **CARRIAGE BOLTS(M8x1.25x45)(42), WASHERS(M8)(61),** and **NUTS(M8x1.25)(19).**

STEP 4
Refer to the detail view. Lock the **MAIN FRAME(1)** in the unfolded position by inserting the **LOCKING KNOB(44)** through the hole in the **LEFT UPRIGHT(3)** and screwing it into the **MAIN FRAME(1).**

STEP 5
Install the **TENSION KNOB(45)** into the opening in the **RIGHT UPRIGHT(4)** and secure with **ROUND HEAD SCREW(M5x0.8x25mm)(46)** and **WASHER(M5)(47).**



ASSEMBLY INSTRUCTIONS

STEP 6

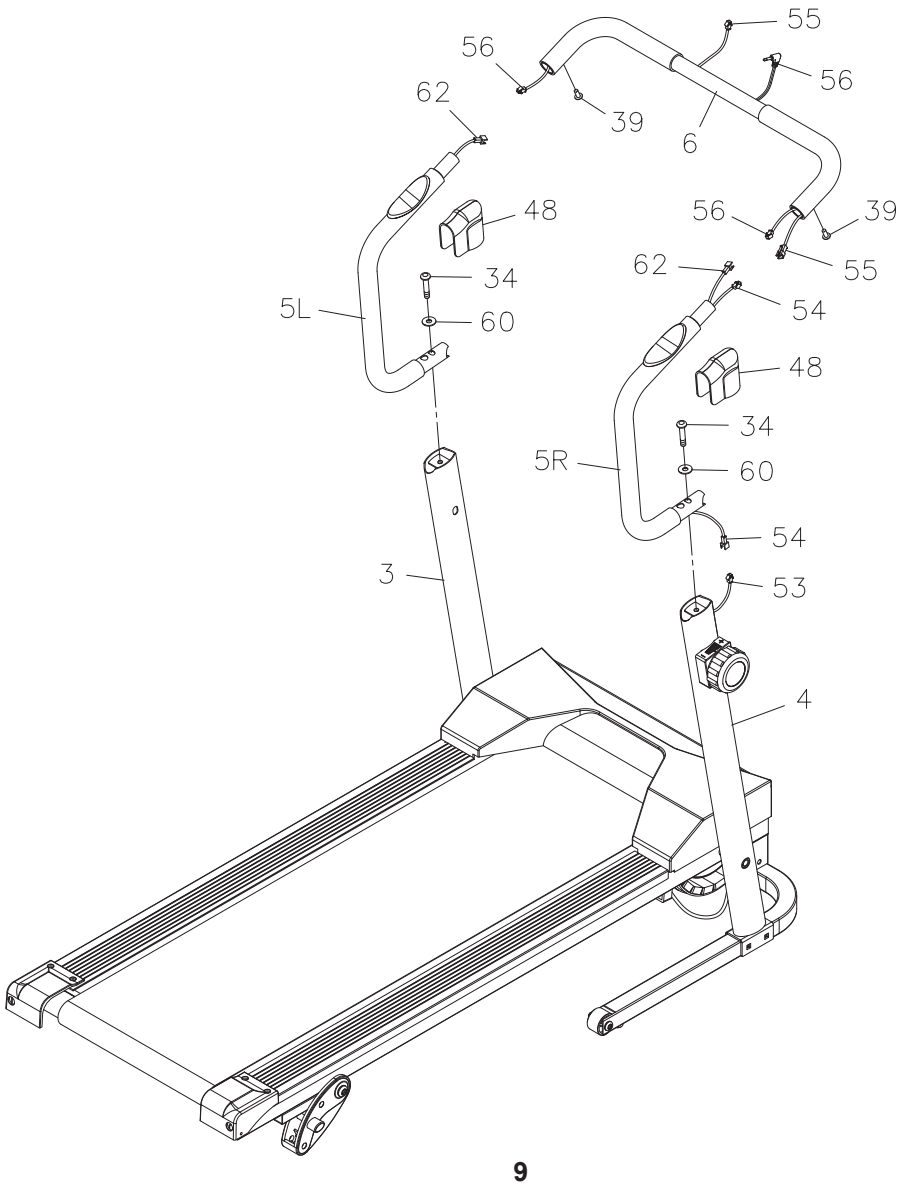
Refer to the illustration below. Attach the **RIGHT HANDRAIL(5R),** the one with **EXTENSION WIRE(54),** to the **RIGHT UPRIGHT(4)** with **BUTTON HEAD BOLTS(M8x1.25x40)(34)** and **ARC WASHERS(M8)(60).** Attach the **LEFT HANDRAIL(5L)** to the **LEFT UPRIGHT(3)** with **BUTTON HEAD BOLTS(M8x1.25x40)(34)** and **ARC WASHERS(M8)(60). DO NOT TIGHTEN THE BUTTON HEAD BOLTS(M8x1.25x40)(34).**

STEP 7

Plug the **EXTENSION WIRE(54)** into the **METER CONNECTING WIRE(55).** Connect the **PULSE SENSOR WIRES(62)** to the **PULSE CONNECTING WIRES(56).** Push the wires back inside of the **LEFT** and **RIGHT HANDRAILS(5L, 5R).** Insert the **FRONT HANDRAIL(6)** onto the **LEFT** and **RIGHT HANDRAILS(5L, 5R)** and secure with the **ROUND HEAD BOLTS(M6x1x15mm)(39).**

STEP 8

Securely tighten the **BUTTON HEAD BOLTS(M8x1.25x40)(34)** from **STEP 6.** Connect the **EXTENSION WIRE(54)** which is attached on the **RIGHT HANDRAIL(5R)** to the **SENSOR CONNECTING WIRE(53).** Press the **HANDRAIL CAPS(48)** onto the **LEFT** and **RIGHT HANDRAILS(5L, 5R)** to cover the top ends of the **LEFT** and **RIGHT UPRIGHTS(3, 4).**



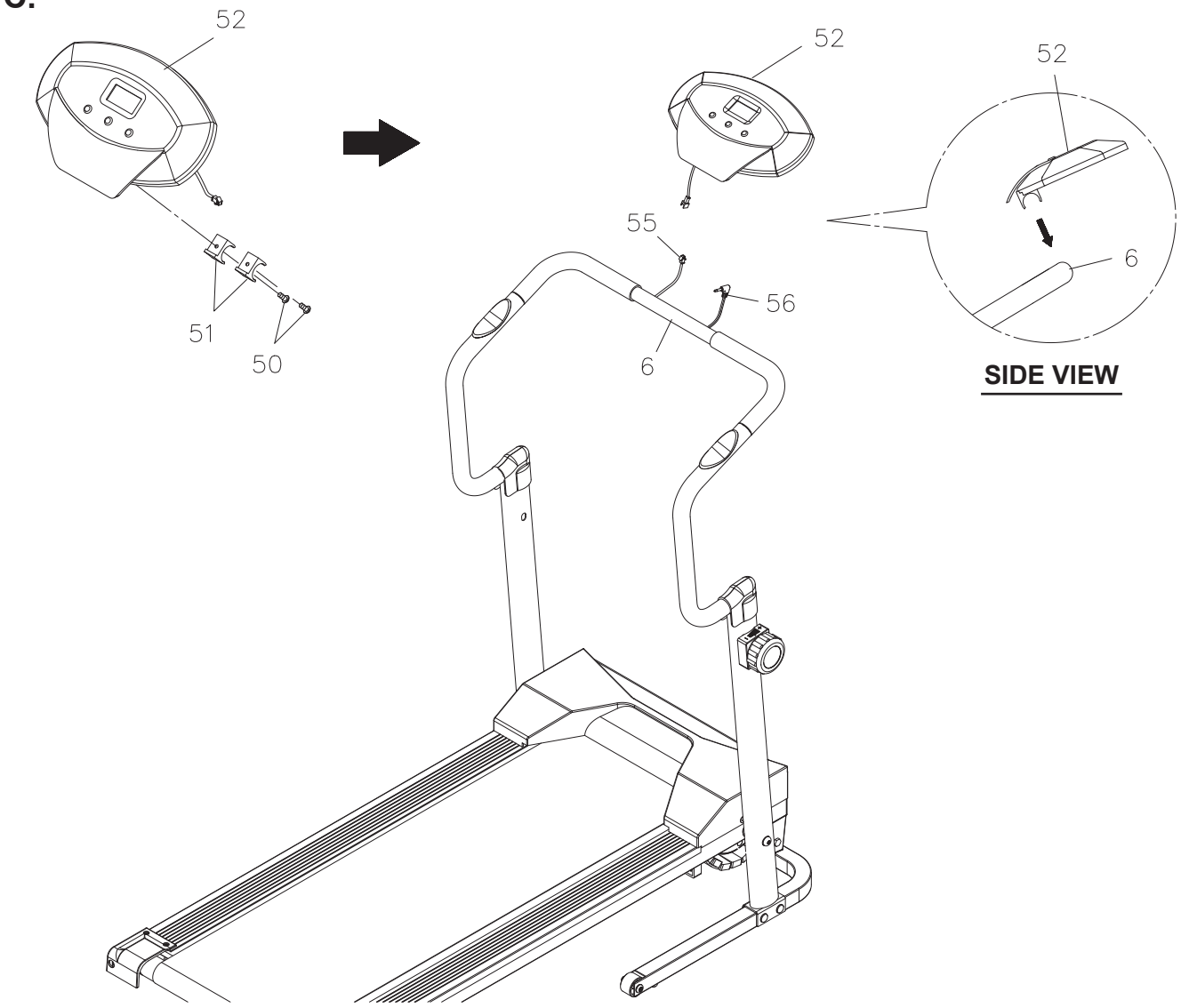
ASSEMBLY INSTRUCTIONS

STEP 9
Refer to illustration C. Attach the **METER CLIPS(51)** to the back of the **METER(52)** with **ROUND HEAD SCREWS(M5x0.8x10mm)(50).**

STEP 10
Install two AA batteries into the **METER(52),** the batteries are not included. See page 11 for detailed battery installation instructions.

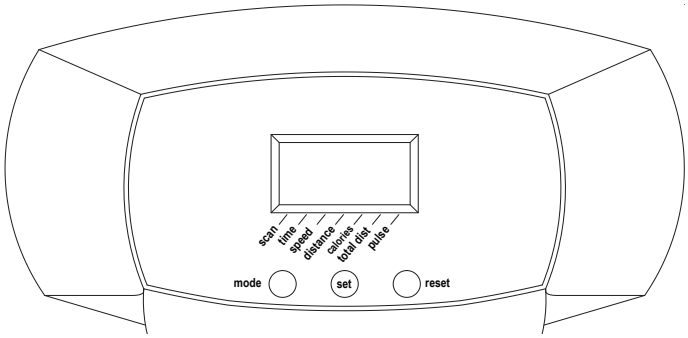
STEP 11
Refer to illustration below and the Side View. Press and clip the **METER(52)** onto the **FRONT HANDRAIL(6).** Plug the **METER CONNECTING WIRE(55)** into the connecting wire on the **METER(52).** Plug the **PULSE CONNECTING WIRE(56)** into the back of the **METER(52).** Adjust the **METER(52)** to find the best angle to fit with your workout.

C.



OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER



POWER ON: Walking Belt movement or press any button.

POWER OFF: Automatic shut off after 4 minutes of inactivity.

FUNCTION BUTTONS:

MODE : Press and release to select each function for display or preset target values.
Press the button and hold it down for three seconds to reset all functions to zero.

SET : Press to set target values for **TIME, DISTANCE,** and **CALORIES.**

RESET : This button will reset each function to zero.
To reset all functions to zero, press the button and hold it down for three seconds.

PRESET VALUES OPERATION:

Stop walking for four seconds. Press the **MODE** button to select functions for preset target values. The meter will cycle through the functions as follows and allow you to set the function values.

TIME (0:00 to 99:00) → DISTANCE (0.0 to 999.0 mile) → CALORIES (0.0 to 999.0 Kcal)

Use **SET** & **RESET** buttons to enter desired values and press **MODE** button to confirm and move to next function for presetting. To pass the setting of some functions, just press the **MODE** button. Start to run the Meter functions by walking.

FUNCTIONS:

SCAN: Automatically scans **TIME, SPEED, DISTANCE, CALORIES, TOTAL DIST,** and **PULSE** in sequence with a change every six seconds.

TIME: Counts upward to 99:59 in one second increments. Counts down from preset value.

SPEED: Displays the current speed, from zero to 999.9 Mile/Hr.

DISTANCE: Displays distance up to 999.9 miles in increments of 0.01 miles. Counts down from preset value.

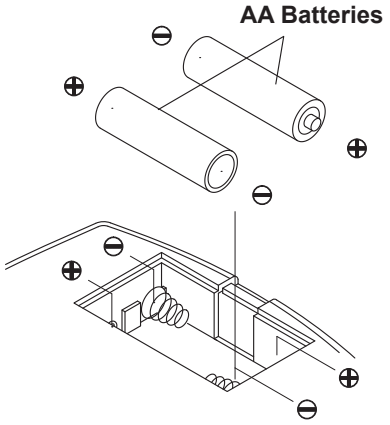
CALORIES: Displays the calories burned, from zero to 999.9 Kcal. Counts down from preset value.
The calories readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

TOTAL DIST: Displays the total accumulated distance you have taken from zero to 9999 miles. The total accumulated distance is retained when the meter is turned off.

PULSE: Displays your pulse rate in beats per minute. To display pulse, select the PULSE mode and grasp the pulse sensors on the handrails, one in each hand. The heart icon will begin flashing when the electronic meter senses your pulse. Your pulse will be displayed approximately five (5) seconds after the heart icon is displayed. If the heart icon does not appear, relax your grip or change your grip on the pulse sensors.

NOTE: The **TOTAL DIST** will be reset to zero after batteries are removed for battery replacement or storage of the unit.

HOW TO INSTALL AND REPLACE BATTERIES:



1. Open the Battery Door on the back of the meter.
2. The meter operates with two AA batteries, the batteries are not included. Refer to the illustration to install or replace the batteries.

NOTE:

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.

OPERATIONAL INSTRUCTIONS

TREADMILL ADJUSTMENTS

When adjusted properly, the **Avari® Adjustable Height Treadmill's WALKING BELT(11)** will roll smoothly around the **BOARD(10)** and over the front and rear rollers without catching or rubbing. For the belt to run smoothly, there are a few points that need to be noted.

BELT ALIGNMENT

The **WALKING BELT(11)** must be in the center of the **BOARD(10)** to prevent it from rubbing against the **FLYWHEEL COVER(9).** If the belt rubs the **FLYWHEEL COVER(9),** it will be difficult to keep the belt moving and will eventually damage the edge of the belt. The treadmill has belt guides welded to the bottom of the treadmill frame that move the belt toward the center of the treadmill. However, the **REAR ROLLER(8)** must be properly aligned with the treadmill frame and **FRONT ROLLER w/FLYWHEELS(7)** if the belt is to remain centered on the treadmill. The bolts in the rear of the treadmill (one on the left and the other on the right) adjust the alignment of the **REAR ROLLER(8)** as well as the tension of the belt

The belt will run to the side of the loose rear bolt.

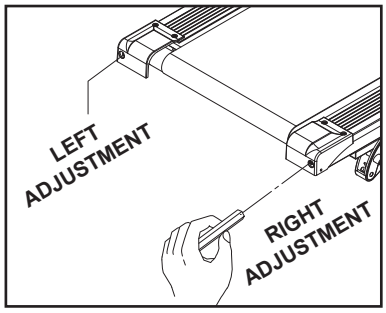
Hint: Visually check the **REAR ROLLER(8)** to make sure both the right side and the left side of the **REAR ROLLER(8)** are the same distance from the back edge of the treadmill. Using the 5mm **ALLEN WRENCH**, make adjustments by turning the bolts clockwise to tighten and counterclockwise to loosen.

BELT DRIFTING LEFT

Adjust by turning the left screw 1/4 turn CLOCKWISE and the right screw 1/4 turn COUNTERCLOCKWISE. Walk on the treadmill to check alignment. Repeat if needed.

BELT DRIFTING RIGHT

Adjust by turning the left screw 1/4 turn COUNTERCLOCKWISE and the right screw 1/4 turn CLOCKWISE. Walk on the treadmill to check alignment. Repeat if needed.



NOTE:

When you believe the **WALKING BELT(11)** is centered, use the treadmill for three (3) minutes to verify the **WALKING BELT(11)** won't drift to one side or the other. If the **WALKING BELT(11)** continues to drift, the floor may not be level. Rotate the treadmill 90 degrees or move the treadmill to another location.

BELT TENSION

The **WALKING BELT(11)** should be taut and not lying loosely on the treadmill **BOARD(10).** If the belt is too loose, it will slip on the front roller and you will notice a jerky movement when you walk on the treadmill. If the belt is too tight, the edges of the belt will begin to curl and more effort will be required to move the belt. Excessive belt tension can also damage the bearings in the rollers. The bolts on the ends of the **MAIN FRAME(1)** (one on the left and the other on the right) adjust the **WALKING BELT(10)** tension as well as the **REAR ROLLER(8)** alignment.

BELT TOO LOOSE: Use the 5mm **ALLEN WRENCH** to tighten the bolts on the ends of the **MAIN FRAME(1).** Tighten both bolts 1/4 turn clockwise at a time until the belt stops slipping on the **FRONT ROLLER w/FLYWHEELS(7).**

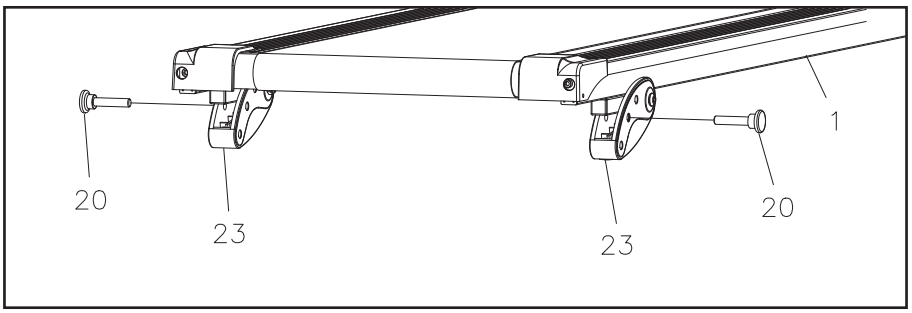
BELT TOO TIGHT: Use the 5mm **ALLEN WRENCH** to loosen the bolts on the ends of the **MAIN FRAME(1).** Loosen both bolts 1/2 turn counterclockwise at a time until the belt begins to slip on the **FRONT ROLLER w/FLYWHEELS(7).** Then use the procedure above to tighten the belt to the proper tension.

OPERATIONAL INSTRUCTIONS

MAIN FRAME HEIGHT ADJUSTMENT

The **MAIN FRAME(1)** can incline to three different heights by moving the **REAR SUPPORTS(23)** up or down. Insert the **PULL PINS(20)** into the holes in the **REAR SUPPORTS(23)** to adjust. Choose the one that best meets your workout needs: the higher the height, the more level the walking surface while the lower height will provide more of an incline.

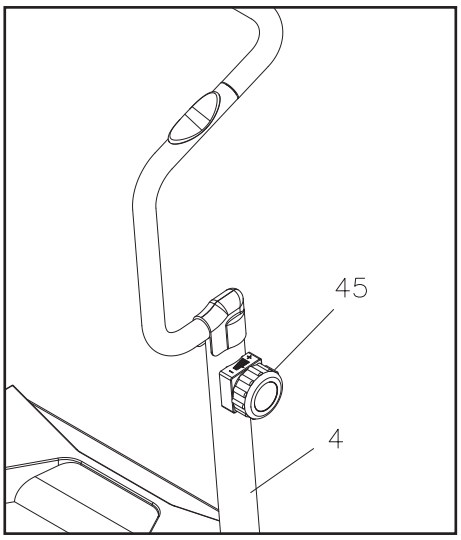
NOTE: Check to make sure you have placed the **PULL PINS(20)** into the same height position on both sides of the **REAR SUPPORTS(23).**



WALKING RESISTANCE

The walking resistance or effort needed to push the treadmill belt can be adjusted by turning the **TENSION KNOB(45).**

To increase the load, turn the **TENSION KNOB(45)** clockwise. To decrease the load, turn the **TENSION KNOB(45)** counterclockwise. There are eight levels for the load adjustment.



NOTE:

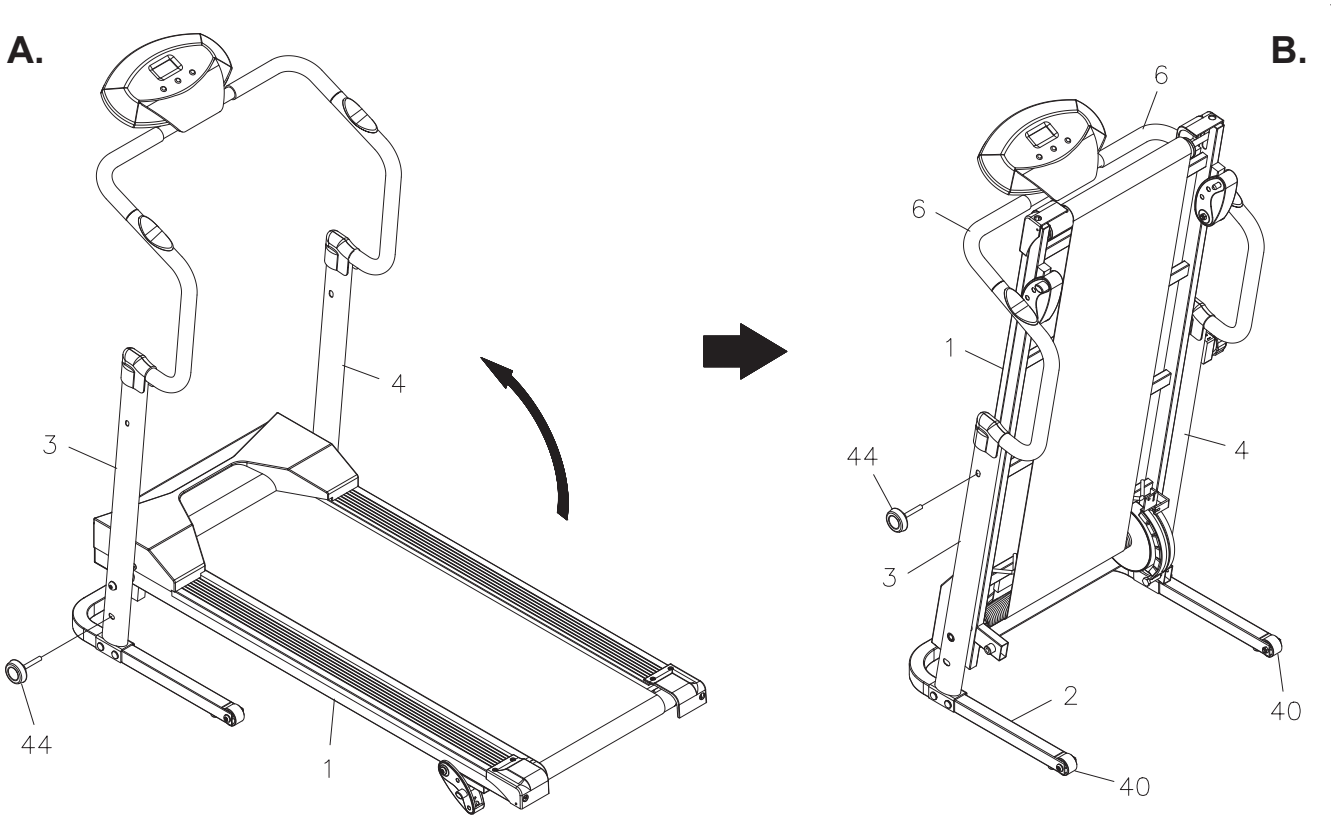
1. Since this is a new machine, you may need some time to get used to walking on the treadmill and to break it in.
2. If the walking resistance is too high, check the **BELT TENSION**. Refer to page 12 for instructions to adjust belt tension.
3. The belt resistance can be reduced by adding silicone lubricant between the belt and the board. Wipe the board under the belt with a clean, dry cloth then spray or spread silicone lubricant on the board under the belt.

STORAGE

1. To store the **Avari® Adjustable Height Treadmill,** simply keep it in a clean dry place.
2. To avoid damage to the electronics, remove the batteries before storing the **Avari® Adjustable Height Treadmill** for one year or more.
3. To fold the **Avari® Adjustable Height Treadmill** for easy storage, follow this process. Refer to the illustrations below.

   a. Remove the **LOCKING KNOB(44)** to unlock the **MAIN FRAME(1).**
   b. Fold up the **MAIN FRAME(1).** Lock the **MAIN FRAME(1)** in the folded position by inserting the **LOCKING KNOB(44)** through the hole in the **LEFT UPRIGHT(3)** and screwing it into the **MAIN FRAME(1),** refer to illustration B.
   CAUTION: Make sure the **MAIN FRAME(1)** is locked securely in folded position by the **LOCKING KNOB(44).**

4. Move the **Avari® Adjustable Height Treadmill** with the **WHEELS(40)** on the **BASE FRAME(2).** Stand behind the **Avari® Adjustable Height Treadmill,** grasp the **FRONT HANDRAIL(6)** on both sides and tilt it toward you to easily roll the **Avari® Adjustable Height Treadmill.**



UNFOLD THE Avari® Adjustable Height Treadmill

a. Remove the **LOCKING KNOB(44)** from the **LEFT UPRIGHT(3).**
b. Unfold the **MAIN FRAME(1)** by lowering it. Lock the **MAIN FRAME(1)** in position by inserting the **LOCKING KNOB(33)** through the hole in the **LEFT UPRIGHT(3)** and screwing it into the **MAIN FRAME(1).**

MAINTENANCE

The safety and integrity designed into the **Avari® Adjustable Height Treadmill** can only be maintained when the **Avari® Adjustable Height Treadmill** is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the **TENSION KNOB(45)** and verify that it functions properly and the resistance changes.
2. Clean the exposed surfaces of the walking belt and the board with an absorbent cloth.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Verify that the **CAUTION LABEL(63)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **CAUTION LABEL(63)** if it is missing or damaged.
5. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
6. Worn or damaged components shall be replaced immediately or the **Avari® Adjustable Height Treadmill** removed from service until repair is made.
7. Only Stamina Products supplied components shall be used to maintain/repair the **Avari® Adjustable Height Treadmill.**
8. Keep your **Avari® Adjustable Height Treadmill** clean by wiping it off with an absorbent cloth after use.
9. If the **WALKING BELT(11)** does not move easily, lubricate the **BOARD(10)** under the **WALKING BELT(11)** with silicone lubricant.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

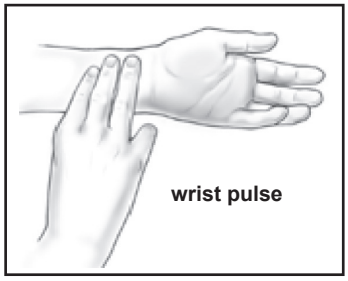
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



Target Heart Rate Zone Estimated by Age*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

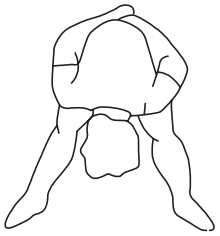
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: 220 - Age = predicted maximum heart rate

WARM-UP and COOL-DOWN

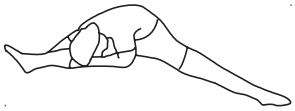
Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

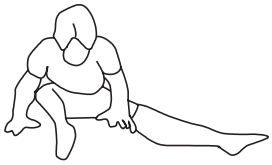
Suggested Stretching Exercises

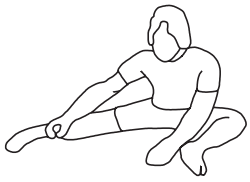


Lower Body Stretch
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessens, gradually try a lower position.



Floor Stretch
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.
DO NOT BOUNCE!
Do this stretch 10 times. Repeat the stretch with the left leg.





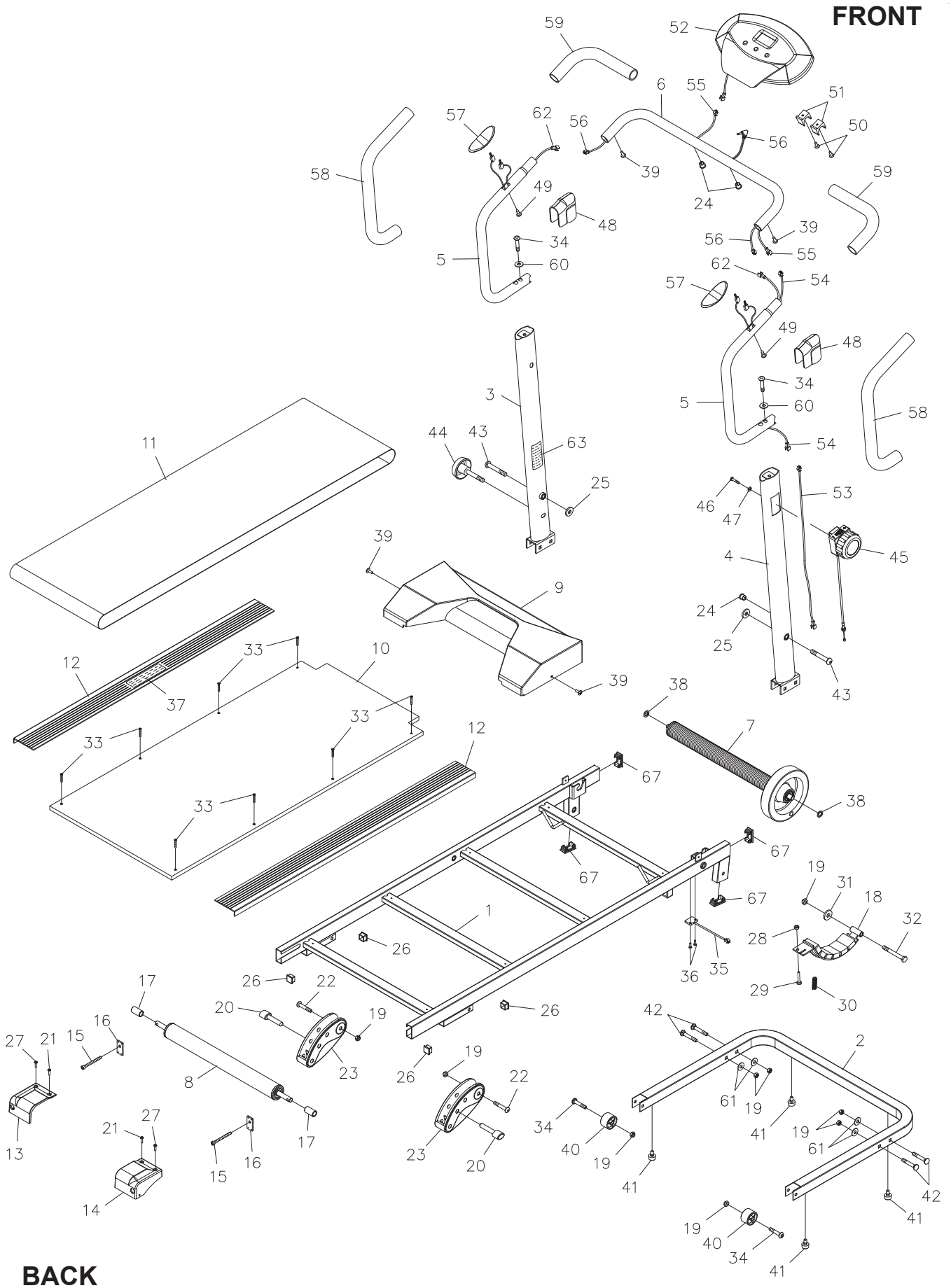
Bent Torso Pulls
While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.

Bent Over Leg Stretch
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down.
DO NOT BOUNCE!
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember to always check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

PRODUCT PARTS DRAWING



PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Base Frame	1
3	Left Upright	1
4	Right Upright	1
5	Handrail	2
6	Front Handrail	1
7	Front Roller w/ Flywheels	1
8	Rear Roller	1
9	Flywheel Cover	1
10	Board	1
11	Walking Belt	1
12	Side Molding	2
13	Left Rear Cap	1
14	Right Rear Cap	1
15	Bolt, Socket Head (M6 x 1 x 65mm)	2
16	Adjustment Plate	2
17	Plastic Spacer (ø12.2 x ø16 x 30mm)	2
18	Magnetic Brake	1
19	Nut (M8 x 1.25)	9
20	Pull Pin	2
21	Self-Drilling Screw, Round Head (M4 x 15mm)	2
22	Bolt, Button Head (M8 x 1.25 x 45mm)	2
23	Rear Support	2
24	Grommet Plug	3
25	Plastic Washer (ø10.2 x ø25 x 4mm)	2
26	Square Plug (20mm x 20mm)	4
27	Screw, Round Head (M4 x 15mm)	2
28	Nut (M6 x 1)	1
29	Bolt, Round Head (M6 x 1 x 20mm)	1
30	Spring	1
31	Plastic Washer (ø8.2 x ø16 x 3mm)	1
32	Bolt, Hex Head (M8 x 1.25 x 75mm)	1
33	Screw, Flat Head (M4 x 25mm)	8
34	Bolt, Button Head (M8 x 1.25 x 40mm)	4
35	Sensor Wire	1
36	Screw, Round Head (M3 x 10mm)	2
37	Maintenance Decal	1
38	Washer (ø12.5 x ø25 x 1mm)	2
39	Bolt, Round Head (M6 x 1 x 15mm)	4
40	Wheel	2
41	Stand	4
42	Carriage Bolt (M8 x 1.25 x 45)	4
43	Bolt, Button Head (M10 x 1.5 x 65mm)	2
44	Locking Knob	1
45	Tension Knob	1
46	Screw, Round Head (M5 x 0.8 x 25mm)	1
47	Washer (M5)	1

PARTS LIST

PART#	PART NAME	QTY
48	Handrail Cap	2
49	Screw, Round Head (M4 x 25mm)	2
50	Screw, Round Head (M5 x 0.8 x 10mm)	2
51	Meter Clip	2
52	Meter	1
53	Sensor Connecting Wire	1
54	Extension Wire	1
55	Meter Connecting Wire	1
56	Pulse Connecting Wire	1
57	Pulse Sensor	2
58	Long Foam Tube	2
59	Foam Tube	2
60	Arc Washer (M8)	2
61	Washer (M8)	4
62	Pulse Sensor Wire	2
63	Caution Label	1
64	Wrench	1
65	Allen Wrench (5mm)	1
66	Owner's Manual	1
67	Rectangle Plug (20mm x 40mm)	4

LIMITED WARRANTY

MODEL A450-261

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service, proper assembly and proper operation for a period of 90 days on the parts and three years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071,** or email us at **customerservice@staminaproducts.com,** or call us at **1-800-375-7520.** If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

NOTES

TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina's customer service representatives can be reached by email at customerservice@staminaproducts.com or by phone at 1-800-375-7520 (in the U.S.). Our customer service representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.

ONLINE
CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com

TELEPHONE
CUSTOMER SERVICE
Tel: 1 (800) 375-7520

FAX
CUSTOMER SERVICE
Fax: (417) 889-8064

MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071 Springfield, MO. 65801-1071

Would you like to recieve email information or special offers from Stamina Products? Register at contact.staminaproducts.com

TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to register.staminaproducts.com. Please have your product model number (printed on the cover of this owner's manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don't have internet access, you can call customer service at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

PRODUCT REGISTRATION FORM

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Model Number: ..... Serial Number: .....

Product Name: .....

Place Purchased: .....

Date of Purchase: ..... Purchase Price: .....

First Name: ..... Last Name: .....

City: ..... State: ..... Zip Code: .....

Email Address: ..... Phone #: ( ) .....

Would you like to receive email information or special offers from Stamina Products?* ____Yes ____No *If yes, be sure your email address is included above.

Detach and Mail or Fax the Form Above

TO ORDER PARTS

If there are missing or damaged parts, you can go to parts.staminaproducts.com and order those parts. If you have questions, please contact customer service. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.

Detach and Mail or Fax the Form Below

PARTS ORDER FORM

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Mr./Ms: .....

Address: ..... Apt. #:.....

City: ..... State: ..... Zip Code: .....

IMPORTANT : We must have your phone number to process the order!

Phone #: ( ) ..... Work Phone #: ( ) .....

Date of Purchase: .....

Model #: .....

Purchased From: .....

IMPORTANT : Before filling out the form below make sure you have the correct information.
Refer to the parts list to make sure you're ordering the right parts!

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1